

Why are house builders like no
others? Both construct stories.
When is a wheel like a fly? W
hen it is a flywheel.
What ships are more common
and than on water? Court-ships.

Two Cats and a Dog.
Two cats started in to fight
one pleasant summer day.
A run dog jumped down from the
Aunt scared them both away.

TORTURED FOR SEVEN YEARS
"FRUIT-ITS" GAVE SALVATION

MARION JOSEPH LIRETTE
 No. 111 George St., Sorel, Que.
 "For seven years I suffered from womb disease and dreadful torturing pains, and I had constant Dropsical and Chronic Constipation—the latter so bad that sometimes I went ten days without action of the bowels. Six different doctors treated me and for a year I was in bed, constantly facing death. Then my husband coaxed me to try "Fruit-its" and this medicine, and nothing else, cured me and saved my life."
 (Signed) **Mrs. JOSEPH LIRETTE.**
 See box—6 for \$4.50 or trial box 50c.—at dealers for Fruit-its and 7 limited. *OP-100*

A Wonderful Bread
 Seymour—"I hear you have evolved a wonderful bread of laying hens!"
 Ashley—"You bet I have! They don't need roosts!"
 Seymour—"Don't need roosts?"
 Ashley—"No, sir; they're laying night and day."

An Oil That is Prized Everywhere—
 Dr. Thomas' Electric Oil was put upon the market without any flourish over thirty years ago. It was put up to meet the wants of a small section, but as soon as its merits became known it had a whole continent for a field, and it is now known and prized throughout this hemisphere. There is nothing equal to it.

In Vancouver they have auto scavenger wagons, and it is said they do not leave a wheel or a stone behind them than the swell auto broughams.

Minsard's Liniment Cures Gargat In Cows.

He looked in a store window and saw, "Hals reduced." "Heavens!" said he to himself. "What was their original size?"

Your Druggist Will Tell You
 Murine Eye Remedy relieves Sore Eyes, Strengthens Weak Eyes, Doesn't Smart, Soothes Eye Pain, and sets you free. Try Murine to Your Eyes and in Baby's Eyes for Sorely Eyelids and Irritation.

Unmistakably Bad
 "I was somewhat surprised to find that Carrie Cassady—well known actress—had used the benefit of Murine."—Sunset St.

TELKWA, B. C.
 On main line of Grand Trunk Pacific Railway, in midst of rich agricultural and mining district. Lots from \$100 up. Write for full particulars.
NORTH COAST LAND CO'Y, Ltd.,
 410-11-12 Winch Building,
 Vancouver, B.C.
 London Office, 6 Old Jewry

Weak Women
 should heed such warnings as headache, nervousness, backache, depression and weariness and fortify the system with the aid of

Beecham's Pills
 Sold Everywhere. In Boxes 50 cents.

Buy The Best
 when you buy table oil for your home. Quality and beauty are both secured by choosing

1847 ROGERS BROS.
 ware. Made in the heaviest triple plate, hence its popular title, "Silver Back the Vase!"
 The sets, heavy silver plates, etc., are stamped
MERIDEN SILVER CO.
 Made at Meriden, Conn.

Send Your Money BY
DOMINION EXPRESS CO.
 Money and Foreign
 The cheapest, safest and most convenient way to draft money to any part of the world.
 Rates for Domestic Money Orders.

\$5 and under	3 cents
over \$5 to \$10	4 cents
over \$10 to 30	10 cents
over 30 to 50	15 cents

 Money sent by Telegraph and Cable to all principal cities.
 Travellers' Cheques issued.
 Agencies in all G.P.R. Stations.

W. H. U., No. 88.

FOR THE Best Meats

of all kinds

Don't fail to patronise the

41 Meat Market

Limited

Head Office:
Pincher Creek, Alberta

Hotel Coleman

W. H. Murr
Proprietor

Rates, \$2.00 per day.

Water Works, Steam Heat

and

Electric Light throughout

Steam Heated Sample Rooms

Alex Easton

— SUCCESSOR TO —
L. SHORN
Bakery and
Confectionery
STORE

The place to come for best
Bread, Cakes, Confectionery
Fruits and Canned Goods.
This Store will be made the
most up-to-date Store of its
kind in the Pass.

Grand Union Hotel

ADA MPATFECY, Manager

Imports imported direct from Europe
and guaranteed

Sparkling Wines
Scotch Whiskey
Brandy
Gin
Ports
Cherry

Coleman, Alberta

FOR SALE

One business lot in cen-
tre of Coleman

Apply to
Coleman Miner

Part Cash, Balance Easy Terms

Don't Forget that the
Union Hardware
Store

is opposite the tippie
First-Class Stock

Spry and Knowles

COLEMAN MINER

Published by The Postville Job Printing and
Stationery Company.

Subscription \$2.00 per Year in Advance

Advertising Rates on application.

T. B. BRANDON Editor

Coleman, Friday Sept. 9, 1910

THE SITUATION AT MACLEOD

So much has been said of late regarding the candidature of Mr. Paterson, the alleged farmers' candidate in the Macleod constituency, that it is deserving of more than passing notice. Mr. Paterson accepted the nomination at the hands of independent farmers regardless of party affiliations. We do not object to that part of the deal. We do not object to farmers representing rural constituencies as we believe it is more in the public interest for them to do so, but we do object to a man being elected under any disguise or pretence of independence. Already the flowery Bennett has arranged to stump Macleod, and who is Bennett? He is the virtual leader of the Alberta Conservatives.

Again the farmers in this section of the province are not fighting for terminal elevators. They are fighting for a low tariff, a tariff which allows the consumer an opportunity to realize, at least, a moderate living from the cultivation of his land. Does the brilliant Bennett represent the low tariff party? Has he any real sympathy for the struggling farmer, who would be faced by a hostile tariff in the event of a Conservative victory? Mr. Paterson's candidature is wrong from a tariff independent point of view, but right in the idea that any man may represent his fellows in the legislature. But the two are inconsistent. Either he must break from the Conservative party or run as a free trader. In that case he might as well retire as Mr. Mansell represents the low tariff party, and more than that, the party that is in a position to enforce it.

EDITORIAL NOTES

Sir, Wilfrid is now a true westerner. Frank Oliver had something good to show him alright alright.

It never snows but it snows. Riley the independent candidate in Gleichen stated he had something up his sleeve. This something turned out to be "Dick in the box, Bennett".

Earl Grey's sentiments on the Hudson Bay will be widely read and valued for not only their commercial value but for his unprejudiced opinions on the building of a new empire.

HUDSON BAY RAILROAD

The building of the Hudson Bay railroad is now an assured fact. The rise of towns and cities, the settlement of hitherto unsurveyed lands, which followed in the wake of the Grand Trunk Pacific will be again repeated with similar admirable results. The opening up of a vast agricultural and mineral territory is of prime importance to Canada's vitality. To keep place with other nations is now our bounden duty.

The recent visits of Earl Grey and the Hon. George Graham have served to demonstrate the needs of this central fertile valley of Canada. Along the shores of Canada's Mediterranean Sea, there exists excellent opportunities in the fish and seal markets. Approaching Fort Churchill from the West vast reeding plains of arable lands are found. In the rocky highlands coal and copper seams have been laid bare by the more hardy prospectors.

These separate fields of industry have an ocean outlet. The promotion of them is facilitated by the fact that the products of the farm, mine and sea can find a ready market at a shorter interval of time than any other ocean port on the Atlantic coast. The construction and completion of this road will build up Central Canada and make her a nation maritime nation with a tremendous export trade.

Re-opening of Knox Methodist Church, Frank

(Continued from page 1)

In 1909 Rev. T. Jones was stationed at Frank, the field still consisting of the three points. In June 1910 the Conference divided the old Frank Church into two Missions, Frank and Bellevue. Rev. T. D. Jones was stationed at Bellevue the most promising point where most effective work had been rendered by him the preceding year.

The work in Frank had been of such a discouraging nature that the Conference had almost decided that it would be advisable to discontinue the work at this point unless there was a marked improvement.

Rev. F. Stacey McColl was sent to take charge of the Frank Mission for the summer. When he arrived upon the scene he found the building the property of the Presbyterian church with a heavy debt upon it, and in a neglected condition. Mr. McColl with his characteristic energy called the officials of the church together discussed the situation with them and proposed that the church be bought outright from the Presbyterian and in addition that it should be painted and renovated. Negotiations were entered into with Rev. T. M. Murray, representing the Presbytery. A Board of Trustees was formed by Rev. J. M. Harrison of Macleod, Chairman of the district, the board of consisting of Messrs. C. Patmore, G. Patterson, W. Simpson, W. McGowan and A. L. Blais. It was decided to accept the former offer of the Presbytery.

With the aid of Rev. T. C. Buchanan, Supt. of Missions who has visited Frank and viewed the situation, an application was made to the Mission Board of the Methodist Church for a grant to acquire the church property. The Mission Board very generously responded with a grant of \$500. It was thought feasible to raise the balance of \$900 necessary to purchase the buildings outright and to completely renovate the same.

With this end in view the pastor solicited subscriptions from the friends and adherents of the church. The ladies aid organised by the pastor promised \$200 of which they have already raised one half. With subscriptions, offerings at re-opening services and proceeds from the re-opening concert to be held Sept. 12, 1910, the amount will be fully realized.

Knox Methodist church now enters upon a new era, unencumbered with debt. Much of the success of the undertaking being due to the untiring zeal and energy of the pastor Rev. F. S. McColl who has succeeded not only in placing the church upon a sound financial basis but also in reviving a deeper interest in spiritual things in the town of Frank.

Births

Sept. 2nd.—Mrs. and Mr. E. E. E. a daughter.
Sept. 7th.—Mrs. and Mr. F. E. E. a son.
Sept. 7th.—Mrs. and Mr. W. H. Murr a son.
Sept. 8th.—Mrs. and Mr. J. M. E. a son.

CLOTHING!

Saturday last was a record breaker in our Men's Wear Department. We anticipated a rush in preparation for the outing on Labor Day and were ready for it. Such a scramble for Clothing, Hats, Shirts, Ties and Boots we have seldom witnessed. We have had a number of Suits sent on by express to fill up the gaps until our freight shipments arrive.

We stock the very best clothing we can buy, and find it is none too good for the citizens of Coleman. Suits with style, appearance and quality are what appeals to the buyer of today. Self respect and good clothes go hand-in-hand.

20th Century Clothing

These goods are made to your Special measure, from your choice of 400 cloth samples, which we will be pleased to show you. If goods are wanted in a hurry we use the night wire. Your order is forwarded by lettergram and your suit delivered to you in ten days. Perfect satisfaction guaranteed.

Suits \$20 to \$35. Overcoats \$16 to 35

Ladies Skirts

New and stylish fine Panamas in Navy Brown Green and Black Prices \$5.00, \$6.00, \$7.50.

Ladies' Golf Jackets and Knitted Coats

Attractive Stylish and good combination of colors, at prices ranging from \$1.25 to \$7.50 each.

Childs' White Cashmere Coats

Pretty little garment trimmed with cream silk braid deep collar edged with silk embroidery, fit child from two to four years price \$3.25 \$3.50 and \$4.00.

Childs' White Cashmere Dresses

Childs white cashmere dresses \$3.00 to \$3.50.
Childs cream serge \$2.75 to \$3.50.
Childs white muslin dresses \$1.00 to \$2.75.

Dress Goods and Suitings

Have you made a selection from the 400 samples we are showing. The entire range of cloths imported by one of the best dress goods houses in the world. Come and look it over.

Men's Sweater Coats

In all the desirable styles and colorings fine soft wools, large clear pearl buttons, prices from \$1.25 for a nice light weight - to \$5.00 for one that will keep you comfortable in klondyke weather

Fall Underwear

Chilly Autumn days make heavier underwear a necessity. We show three different weights and prices for menswear and a complete range for women and children.

Blankets

Hudson Bay Blankets, in red blue, green, brown, and tan. Grey Blankets, from \$3.00 to \$5.00.

White Blankets, fine soft wool \$4.50 and upwards.

Flannelette Blankets, white and grey \$1.25 to \$1.90.

Groceries, Vegetables, Fruits,

Flour, Wheat, Oats, Bran, Shorts

Good Dairy Butter 25c. a lb.

W. L. Ouimette
General Merchant

Canadian Coal Consolidated Co., Limited

Miners and Shippers of Bituminous Coal Three grades, Screened, Mine Run and Slack
Frank Alberta

Re-opening Services

The opening Services of Knox Methodist church were held on Sept. 4th. 1910 and will long be remembered in the history of Frank.

The Rev. S. D. Chown D.D. who was, at the recent conference held at Victoria, B.C., elected to the exalted position of General Superintendent of the Methodist church, officiated.

The congregations morning and evening were record breakers in the history of the church. In the morning the General Superintendent, Dr. Chown was assisted by Rev. J. E. Rogers of Bellevue and the pastor of the church.

The Sunday School rally in the afternoon was a great success. The exercises were conducted by the Superintendent of the school Mr. G. Pattinson. Splendid and inspiring addresses were delivered by Rev. T. M. Murray of Coleman, a former pastor of the church, and by Dr. Chown.

The evening service exceeded the utmost expectations of the most sanguine. The Dr's subject was "white slavery" which handled in a masterly style. He dealt first with white slavery of men in prisons; secondly, the white slavery of labor and lastly with the white slavery of women.

The choir rendered splendid and efficient service. Solos were given by Mr. Lee and Mr. R. McGowan which were much appreciated by the large audiences.

The offerings for the day were generous and satisfactory to all.

The church and town of Frank have been highly honored by the visit of the General Superintendent, Dr. Chown.

ADDITIONAL LOCALS

Anderson's Livery phone is 62.

Miss M. Gate was in Fernie on Sunday.

J. Gull leaves on Saturday for Princeton B.C.

Miss May Lamb of Fernie is visiting Mrs. E. R. Webb.

W. Haley left on Wednesday for Bulkley Valley B. C.

Rev. T. M. Murray visited Crow's Nest on Tuesday evening.

A. J. Johnson, of Frank was in town on Thursday evening.

W. L. Guilmette was a visitor at Crow's Nest last Saturday.

Rev. W. A. Macmurray made parochial calls at Lillooee week.

Alex. Miller of Vancouver was a guest of A. L. Manly this week.

Mr. and Mrs. H. A. De La Mayr left on Wednesday for Bulkley Valley B. C.

F. O. Graham, T. D. Bunce and J. Grafton were in Creston B. C. on Labor Day.

Mrs. Phillips and Mrs. Dougall of Crow's Nest were visitors in Coleman last Thursday.

Prio. Cruickshanks presided at the services of the Helping Hand Brotherhood last Sunday.

James W. Gresham, J.P., of Frank, paid Coleman a business visit on Thursday evening.

H. J. Wright, who visited Winnipeg in the interests of the Miner, returned on Monday morning.

Mrs. J. W. Powell who was suddenly taken seriously ill last week is now much better and Mr. Powell has returned to Lillooee to continue his duties as inspector of mines.

"Can be depended upon" is an expression we all like to hear, and when it is used in connection with Chamberlain's Colic, Cholera and Diarrhoea Remedy it means that it never fails to cure diarrhoea, dysentery or bowel complaints. It is pleasant to take and equally valuable for children and adults. Sold by all dealers.

Blairmore

Alex McLean was a visitor in Blairmore on Wednesday last.

J. Doyle S. Barrett and W. J. Bartlett "Buggymobiled" to Coleman on Wednesday night.

Mrs. J. W. Gresham who was taken sick in Blairmore on Sunday evening last is now greatly improving and will shortly be able to return to Frank.

The Blairmore Brick Works are turning out 40,000 bricks a day. A pulverising brick machine boiler has been installed and eight down draft kilns will open in the spring thus increasing the daily output to 40,000.

Lundbreck

Donald McLennan has sold his property to C. J. Jensen.

W. Green has disposed of his livery business to Jas. Bowie. Mr. Bowie has formed a partnership with Bert Almond.

John Mitchell of Lundbreck has sold his farm to John McKean, who in turn has rented his ranch across the river to H. Parker of Cowley.

George Gordon of Lundbreck who has been conducting a flour and feed store here intends to close down and remove to Spokane shortly.

Not a minute should be lost when a shows symptoms of croup. Chamberlain's Cough Remedy given as soon as the child becomes coughy, or even after the croupy cough appears, it will prevent the attack. Sold By All Dealers.

Coleman

IMPORTANT SALE OF

Building Lots

In the Townsite of

Coleman, Alta.

Situated in Famous Crows Nest Coal Fields

Headquarters of the Gigantic Collieries of the International Coal and Coke Co., Ltd.

Messrs. Stewart Williams & Co., of Victoria, having been duly instructed by the International Coal and Coke Co., Ltd., will sell by public Auction at Victoria B. C. on Monday and Tuesday the 19th. and 20th. September 1910, the remainder of the company's Real Estate Holdings in the city of Coleman, Alberta comprising some Three Hundred eligible Business and Residential Sites, located in this thriving industrial centre.

For further and full particulars, plans, maps, photographs, etc., apply to The Auctioneer,

Stewart Williams

637 Port Street Victoria, B.C.

THE COLEMAN MILLINERY

ANNOUNCE THEIR

FALL OPENING

Millinery, Warco & Kabo Corsets

Reilly's Tailored Waists

Which will take place on

Saturday, Sept. 17th

AND FOLLOWING DAYS

Your presence will be appreciated to inspect our latest importations from PARIS and NEW YORK

Special Feature of our Openings

Will be our exclusive showing of Millinery, which far exceeds any previous years. To our out of town customers will allow railroad fare to those purchasing to the amount \$5.00.

Coleman

Alberta

DON'T MISS IT !

The 8th. Annual

Nelson Fruit Fair at Nelson, B. C.

3 DAYS 3

WEDNESDAY, THURSDAY, FRIDAY, SEPT. 28th. 29th. 30th.

FULL OF SURPRISES

Fruit, Vegetables, Poultry, Mineral, Lumber and District

EXHIBITS

\$3,000 PRIZE MONEY \$3,000

See the Free Attractions

PROF. DARNELL The Fearless Aeronaut, will make a Balloon ascension and Parachute leap daily.

LA CATTELLA & LA TOLETTA The Fool and the Circus Girl

THE LEOJOE TROUP Three Ladies and two Men in their unparelled and refined Bicycle Act

THE FIVE FLYING BANVARDS Engaged at enormous expense, lately featured with Ringling Bros. The Aerial marvels in long leaping and casting act 50 feet in the air.

Amateur athletic sports under the auspices of Y.M.C.A

DRILLING CONTESTS, LOG SAWING, LOG CHOPPING and other numerous attractions

See The Daily Program

Excursion Rates on all Transportation Lines

J. E. ANNABLE

PRESIDENT

G. HORSTED

SEC. BOX 392 NELSON, B. C.

For Sale

LOT 6, BLOCK 21

Price \$700

Three houses on this Lot

Apply to

COLEMAN REALTY COMPANY

Heating Stoves

We have now in Stock a full line of Heating Stoves and at Prices to Suit All.

SEE OUR DISPLAY

Remember we deliver to any station within 50 miles of Coleman. PRICES ON APPLICATION

H. G. GOODEVE CO. Limited

HARDWARE

FURNITURE

Town Lots

Houses and Lots for Sale

in the cleanest and best town in

The Crow's Nest Pass

High Grade Steam and coking coal

The Finest Coke

We manufacture Correspondence solicited as the Head office, Coleman

International Coal & Coke Co Limited

LOCALS

Mrs. Rogerson has returned from the east with a complete range of all the latest ideas in fall millinery see ad. on page five.

Call and see the Coleman Realty Co. if you want Fire Insurance we have the best board companies doing business in Canada.

Mrs. F. G. Graham was the hostess at a lovely Tea party given at her home on Monday evening. There were sixteen guests present. The first prize which was a handsome china teapot was won by Miss Lamb.

The broly prize was won by Mrs. J. Scott and consisted of a pair of black china shoes, labeled "de feat." A tasty luncheon was afterwards served.

Your complexion as well as your temper is rendered, miserable by a disordered liver. By taking Chamberlain's Stomach and Liver Tablets you can improve both. Sold by all dealers.

Cheap powers means reduced price. The Coleman MINER has power print and can supply printing at a much lower price than those without power. Power enables a printer to produce a more artistic job. Ring up 64 A or call at the office of Coleman MINER for any job work. Book binding is now our specialty.

Don't waste your money buying pianos when you can get a better one for less. A piano of 8 tone dissonance with this instrument is superior to any piano for tone, touch, price in the city and chest, and much cheaper. Sold by all dealers.

Robert G. Munro, B.A.

Barrister

Solicitor

Etc.

Coleman

Alberta

DRAY LINE

We wish to inform the people of Coleman that we are prepared to do all kinds of draying at the shortest notice. We have some of the best horses in the country and other equipment is strictly first-class.

We solicit your patronage and guarantee satisfaction

H. Villeneuve

Proprietor

Under New Management

Pacific Hotel

has undergone a complete renovation and will be run on the English and French systems. Terms moderate.

A. Maufort, Proprietor

T. Jackson

Clothes

Cleaned

& Pressed

Were guaranteed to be satisfactory

Opposite Opera House

COLEMAN

ALTA

TALK of MILK—"The PERFECT FOOD"



"Our foremothers maintained that milk should be kept in broad, open vessels."

THAT's what they call IU! Chemists hold "wives" in the "fables" we are now taught to discount disdainfully and up-to-date writers upon dietetics concur in the verdict: Milk is the one and only article of diet that should be assimilated by every human stomach. Treatises and items are written upon milk. Legislators make special laws defending the purity of what the milkman hawks from door to door in town, and the farmhand pumps from the udder into a wash that may or may not be clean, with hands that are seldom washed between dinner and supper.

After reading columns topped by "scare heads" and pages bristling with statistics, one might expect the thoughtful student to feel something akin to reverence in surveying the milkman's cargo, and to handle one's cream jug respectfully.

IN OLDEN TIMES

Coming down to everyday facts, milk is as badly misused as any other article of food. In the times when we lived in houses of our own and countries, and if

Our foremothers maintained that milk should be kept in broad, open vessels in a cool place, free from dust, and be left undisturbed from the time it was strained into the shining cans.

until the thick cream was daintily skimmed off. If the milk were pure and rich, there was a second rising, and this, when removed to the cream crock, left the milk less blue than much that is sold to us for table use. According to the dairy rules of that era, cream did not rise freely unless it had air. In the "scientific" dairy of today it is still "separated" from open vessels, shallow and wide in proportion to their height.

"This Perfect Food in Covered Bottles"

decade an eccentric baby is born whose mother staunchly refuses to be comforted by the mother's milk or any ingenious substitute containing milk. He must be brought up on barley water or other starchy foods. He lies in the face of the sun and is a very bad eater and a bad behavior. All the same, the idiom *kyōnan* is not to be disputed.

Perhaps one child in a thousand, after passing infancy, cannot drink milk and is really lactose intolerant. Established, it is folly to force the perfect food upon him or her. It is a pity, always, for nature decrees that young things should be nourished, flesh, bone and marrow, by lactation. The strongest in every tongue and land as the symbol of healthful sustenance. It is highly probable that the fugitives from Egyptian bondage had lost most of their

MODERN METHODS ARE
DIFFERENT

Flit-dwellers and cottages set the perfect food in covered bottles, and set a way to refrigerators, without lifting the lids. The bottles are so constructed that they can be inserted to fit the mouth of the flask, and designed to shield the contents from dust and dirt. The bottles are so constructed that they can be inserted to fit the mouth of the flask, and designed to shield the contents from dust and dirt. The bottles are so constructed that they can be inserted to fit the mouth of the flask, and designed to shield the contents from dust and dirt.

You cannot be too careful about letting the contents of the flask stand upon the kitchen table after opening it. Milk "turns" with amazing rapidity when taken from the ice and left in a warm room. This same "turning" is the housewife's bugbear. She encourages it by taking the bottle or pan from ice-box or cellar half an hour before the milk is to go to the table or be cooked. The painting glass or magnifying glass should be as short as it can be made.

One of the numberless stubborn virtues that give the He direct to scientific theories, however stoutly bolstered they may be, is demonstration and earnestness. In this respect the He does not agree with all of us. About once in

they would not have found bread but for the miracle of the manna, before they encountered where they beheld a cross, "the swelling flood," the land of promise, the city of peace, the new creature, sacred and secular, abounds with proverbial sayings that prove the clue of the one, only and perfect diet. "The strength milk of the word," the milk of life, the milk of grace, spread over hundreds of phrases confirming the fact of general faith in its universal virtues. Yet there are adults, sane and sound, who cannot digest the milk of life. It makes them bilious; it causes heartburn; it is too laxative, or maybe too astringent. Whatever the plea, trust underneath it certain digestive trouble underlies the mental and physical unsoundness of all mankind.

WHEN MILK DISAGREES

That milk, however fresh and rich, is to some a bile-engendering diet is not to be questioned. In such a case, if it be considered expedient for one to drink it regularly, the addition of a teaspoonful of lime-water to each glassful will counteract the evil tendency and not affect the taste unpleasantly. Mothers who are made uneasy by the breaking out of a red rash upon the bodies of nursing or feeding babies, apparently in perfect health, may find a cure in this simple precaution. The alkali combines pleasantly with the oily properties of the milk and makes it digestible.

I provoke contradiction in asserting that not one person in ten drinks milk properly. I read a while ago in a popular novel by a famous author of a skilled nurse who gave a glass of milk to a typhoid patient which "he swallowed at a gulp." Had the nurse understood her duty she would have insisted he should sip it slowly and take a long time in getting it down. The gulp left it a hard curd in the stomach. I suspect that much of the discomfort attendant upon a milk-fed diet with

biscuit, nibbled between sips, tones the digestive apparatus to its work.

For uncounted generations the best substitute for the natural nourishment of the young of the human species was held to be cow's milk, diluted with one-third part of hot water and slightly sweetened. Thus arose the scientific diet in the majesty of modern research and taught us to sterilize milk into the exact component parts and proportions of mother's milk. Thousands of babies were saved alive yearly (or so we believed) by this system. In the twentieth century we are informed by these same wiseacres—or their immediate successors—that milk should be pasteurized, if we would get the full value of the perfect food. Sterilizing was a blunder, and pasteurizing was a blunder.

A black and white photograph of a woman with dark, wavy hair, wearing a patterned jacket, sitting in a chair and looking down at her hand. The image is framed by a large, dark, circular border.

"A Slice of Bread Nibbled between Sips."

those with whom "I do not agree" is usually a neglect of this simple rule. Teachers should realize that the first condition for being drunk in a leisurely fashion, with long breathing pauses between the sips, is to be drunk on one's own terms. On a warm day, when one is hot and thirsty, cannot but induce indignation, one should never be dictated upon by an empty stomach. A slice of bread or a

FAMILY MEALS FOR

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532 533 534 535 536 537 538 539 540 541 542 543 544 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 573 574 575 576 577 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600 601 602 603 604 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 635 636 637 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 654 655 656 657 658 659 660 661 662 663 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 694 695 696 697 698 699 700 701 702 703 704 705 706 707 708 709 710 711 712 713 714 715 716 717 718 719 720 721 722 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 748 749 750 751 752 753 754 755 756 757 758 759 760 761 762 763 764 765 766 767 768 769 770 771 772 773 774 775 776 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800 801 802 803 804 805 806 807 808 809 810 811 812 813 814 815 816 817 818 819 820 821 822 823 824 825 826 827 828 829 830 831 832 833 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 877 878 879 880 881 882 883 884 885 886 887 888 889 890 891 892 893 894 895 896 897 898 899 900 901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 919 920 921 922 923 924 925 926 927 928 929 930 931 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 1000 1001 1002 1003 1004 1005 1006 1007 1008 1009 1010 1011 1012 1013 1014 1015 1016 1017 1018 1019 1020 1021 1022 1023 1024 1025 1026 1027 1028 1029 1030 1031 1032 1033 1034 1035 1036 1037 1038 1039 1040 1

[illegible]

when our bantlings outgrew bottle and feeding cup, we passed the patented treasure on to our poorer and ignorant neighbors. Are there patent pasteurizers? And in what does the difference

between the old way and the new right way was constant.

For example, the former belief and custom is dealt with the "milk of one cow" theory is exploded. We used to rest secure that we were doing the latest thing, and that we were making sure that each suckling got daily and constantly the milk from one cow, because an especially rich cow was thought to be infinitely better to assure themselves of these essentials to the little one's welfare. Often the mother would be told to suckle in the season that was our worst, to settle ourselves where there could be no doubt on this point. In my own family, the milk from the best-known familiarly as "baby's foster-mother." The milk drawn from her kept by the milkmaid and the child had no other milk.

his name ended by ping two or three cents a quart for 'one cow's milk' or 'supple milk' (7 vendors, who got supplied from the same source). The 'one cow's' milk of the line in a separate can on the wagon. My optimism was shattered by a stubborn strain, but it had been staggered by the time when, chancing to look out of my window into the quiet street, I espied the milkmaid, with her milk pail, carrying a little can from one of the larger dairies. Then, I was furiously and righteously indignant. In the light of later information, I can only say that I was ignorant that the man was really in advance of his generation, and entirely justifiable in the desert. For it would appear that the milkmaid was the only one accessible to the product or a single cow for many uses. Why, I am too obtuse to comprehend, much less to define to my satisfaction, the milkmaid's milk.

This column is, likewise, referred to only in passing.

Marion Harland

The Housemother

Suburban Possibilities

ALTHOUGH a "mere man," I am always interested in your department. Silicate of soda (water glass) will it may be had from any druggist.

the money with which to buy clothing and groceries by the sweat of his face all the long summer day? I have seen the experiment made many times and with such fitting results that the vision of home-grown fruits and vegetables

First, boil the water to get the air out. One part of water glass to nineteen of water is strong enough. Prepare the liquid

and drop the eggs in as you get them. Put in more water from time to time to keep the eggs covered.

[illegible]

breadwinners mined hard, polished their faces with a little rouge, and cast in the whites. But the plain costume of the women was not so costly.

One of our correspondents complains of the small size of the average family of three. That is a small fortune, she says, in the South. The average family of three in the North is a small family. She says that she knows of a family of 100 persons in the South, and that she knows of a family of 100 persons in the North. She says that she knows of a family of 100 persons in the South, and that she knows of a family of 100 persons in the North.

A quarter acre of ease will produce all the summer vegetables and fruits for a large family. Do not raise winter vegetables. You may buy them in the fall cheaper than you can raise them.

Will our esteemed masculine member
excuse me, and please, I have
lines of an interesting letter, a comical
reminiscence visited me of a dream of
which I read once of a land of mistle
toe, where the trees were mistle
toe, butter from a tree of another
species, and sucking pigs, ready reas-
on about with the trees, and
in their backs and squealing. Will

You may tell the readers of the *Kathlamet* that the "waxing day" potatoes must be planted, hoed and weeded, and that the "waning day" potatoes and eggplants require the attention and labor of a man, who can earn a dollar a day, and cultivate a few acres profitably at one and the same time. Who is to do the weeding and hoeing, or, for that matter, be a business man who hires him to do the city on the coast at half-price? A. M. and there arises

A WEEK

sweet potatoes, radishes, graham bread, berries and cream. cookies. tea.

DINNER.

Schmoo soup, veal cutlets, string beans, squash, carrot raisin, black coffee.

FRIDAY

BREAKFAST.

Orange cereal, graham bread, baked eggs, graham cake, toast, tea and coffee.

LUNCHEON.
Mince of veal on toast, baked tomato toast, string bean salad on lettuce with French dressing, warm gingerbread and

[illegible]

P. Burns & Co.
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Choicest

"Imperator" Hams & Bacon
"Shamrock Leaf" Lard.
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Butter.
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\$1.30 per crate

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Fancy Bartlett Pears
\$2.65 per crate

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for preserving, fine free stone
\$1.35 crate

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Found — a Bay mare two
white hind feet. Brand on right
hip owner can have same by
paying cost of advertisement.
Apply to E. Tiffin,
Coleman Alberta.

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Blairmore will buy goods by the next
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Prompt and courteous at-
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A. F. and A. M., G. R. A.
meets first Thursday in
each month at 8 p.m. in the
Masonic hall. All visiting
brothers made welcome.
J. C. Macdonald, W. M. A. M. Morrison, Sec.

Coleman Lodge No. 31 meets every Monday
at 8 p.m. Visiting brothers welcome.
C. F. Dunlop, W. M. J. McKay, Sec.

Knights of Pythias, Castle
Hall, Sentinel Lodge
No. 25
Meets every 1st and 3rd
Saturday in L.O.O.F. hall
Visitors welcome
C. G. E. T. Fric
& O. E. S. D. Davis

Daughters of Rebekah
Victoria Lodge No. 7
Meets in L. O. O. F.
Hall every 1st and 3rd
Tuesday.
Visitors cordially invited.
Mrs. J. Stafford, N.G.
Mrs. T. W. Davies, Secy.

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Come in and look over the New Goods

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Crockery

To Arrive Next Week

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J. M. Scott, Manager



The Man With A Millstone About His Neck

The millstone is lack of
special training. It holds
one man down to hard work
and small wages while
others, properly trained, go
ahead. But every man and
woman who is laboring
under such a burden can
easily rise to a better posi-
tion and increased earnings
and can find out how for
the asking.

To find out how, simply
write the I. C. S., stating
the position you wish to
gain. In return, an institu-
tion with 17 years of suc-
cessful experience in train-
ing thousands of others for
advancement will tell you
how it can fit YOU for a
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